

**TOXIC ‘*GIRLY THOUGHTS*’
GONE WILD:**

**THE HIGH PRICE OF BOOZE,
TRAUMA, AND SEX**

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*author of: The ‘Girly Thoughts’ 10 Day Detox; The Resilient Woman;
Healing Trauma Through Self-Parenting +*

MY GOAL

- TO HELP YOU -- HELP THE **GIRLS AND WOMEN** IN YOUR
 - PREVENTION AND
 - TREATMENT PROGRAMS
- IDENTIFY AND DETOX FROM THEIR '**GIRLY THOUGHTS**':

TOGETHER WE WILL EXPLORE

- Connect the relationship between women who have experienced trauma on a personal level with,
- How personal trauma is intensified by trauma on a ‘gender’ level– what I’ve termed ‘*girly thoughts*’,
- How societal ‘*girly thoughts*’ combine with other traumas to result in:
 - **The self-medicating of traumas and**
 - **The *numbing* of sexuality**

WHAT ARE *LITTLE GIRLS* MADE OF?

- Sugar,
- And Spice,
- And Everything *NICE*?
- ***NOT !***

WHAT ARE 'GIRLY THOUGHTS'?

- A purposefully obnoxious, but memorable way of describing that *traumatizing* toxic inner dialogue so unique to women, where women:
 - Do to themselves what society does to them...**Actively criticize themselves and feel ashamed**
 - Learn to do to other women what society does to them....**Shame others**
 - Instruct their daughter in societal teachings about being a woman ...**In the hopes that *their daughters won't be shamed***

BUT ...AS ADOLESCENTS AND ADULTS WE
CONTINUE TO BELIEVE THIS BELIEF OF
CHILDHOOD, REINFORCED BY RELENTLESS
SOCIETAL MESSAGES

- **‘Girly Thoughts’** *How we do to ourselves
what society does to us....*
- **How we learn to shame ourselves**
-

‘GIRLY THOUGHTS’

That societally informed, self-sabotaging, self-limiting, *SHAMING* ... negative inner dialogue that results in women feeling *less entitled*, because they just don’t measure up to what society says about:

- How we *should* feel
- How we *should* look
- How we *should* act

EXAMPLES OF '**GIRLY THOUGHTS**'

—*If only I was*

- *thinner ...*
- *not so big boned*
- *younger ...*
- *older*
- *prettier ...*
- *into kinkier sex,*
- *didn't want children,*
- *wasn't so brainy,*
- *.... maybe?*

ARE YOU RULED BY YOUR ‘**GIRLY THOUGHTS**’?

- Do you feel your worth comes from your looks and not from who you are?
- Are you critical of your body shape or size?
- Do you feel the key to getting what you need and deserve is to be close to perfect?
- When you encounter misfortune, do you blame yourself by saying, “I’m not (*fill in the blank*) so I deserve this”?

... OR THESE ‘**GIRLY THOUGHTS**’?

- Do you worry that you are *too*: smart, aggressive, tall, beautiful?
- Do you ever blame other women’s misfortunes (such as an unfaithful partner) on their weight, clothes, or age?
- Do you dread growing older because you will no longer be seen as attractive?
- Do you feel that if you are a *good girl* that you will be rewarded by life working out as you wish it to?

HOW DO ‘*GIRLY THOUGHTS*’ AFFECT YOU AND YOUR CLIENTS?

- At work?
- With friends?
- In public?
- At home with a daughter? Son?
- After work?
- When needing to relax?

SAMHA'S TIP 51

- – “Substance Abuse Treatment for Women proposes that substance abuse treatment for women be approached from a perspective that encompasses the contexts of women’s lives: a woman’s social and economic environment; her relationships with family, extended family, and support systems; and ***the impact of gender and culture...***” Further in discussing patterns of use, SAMHA indicates that “Women often report that stress, negative affect, and relationships precipitate initial substance use.”
(http://www.samhsa.gov/samhsanewsletter/Volume_18_Number_2/TIP51.aspx).
- The concept of ‘ ***Girly Thoughts***’ gives us ***a handle on the influence of gender and culture***

**HOW DO WE HELP WOMEN NOT DRINK?
NOT DRUG?**

**HOW WE DO EVEN PREVENT DRINKING?
DRUGGING?**

- We need to expand our focus to include *root causes*:
- *Self-hate* generated by societally driven ‘*girly thoughts*’ that are literally driving women to anesthetize themselves through alcohol, and drug use!

WHY DO WOMEN DRINK?

- One more drink I'll be under the table, and another
- I'll be under my host...

dorothy parker

AND...OVER THE LAST 30 YEARS....

- The ***suicide rate*** for middle-aged women, ages 45 to 64, jumped by ***63 percent***
- ***Why?***
 - NYT 4.22.16

WHAT YOU WILL HEAR ABOUT NEW STRESSORS IN THE LIVES OF WOMEN

- More women in the workplace
- Divorce has increased
- More women as single heads of households
- More working women as single heads of households
- Women continue to make less than men in the same fields
- And.....

WHAT WE NEED TO ADD TO THIS DISCUSSION....

- **The Image of the *Perfect Woman* = Relentless Images of who you should be ...**
 - Increasing use of digital media
 - Marilyn Monroe was a size 10-12, now models are a size 2
 - Everything is photo-shopped =
 - ... the explosion of images of the *idealized* woman.....

WE NEED TO BEGIN DISCUSSING = 'GIRLY THOUGHTS'

-Women striving towards and internalizing these *corporate images of beauty* and behavior, and feeling *ashamed...!*
- **'girly thoughts'**

'GIRLY THOUGHTS' – WHAT IT TAKES TO BE THE PERFECT WOMAN



- Photoshopping makes anything possible!

Dr Patricia O'Gorman | www.patriciaogorman.com | @drogorman ! author: The Resilient Woman, The 'girly thoughts' 10 Day Detox

Source: <http://www.youtube.com/watch?v=cPnfjwKfkSk>

WHY GIVE THIS JUDGMENTAL VOICE A NAME = '*GIRLY THOUGHTS*'

- Because giving a name for something:
 - Gives you control over it. It becomes an entity: alcoholism, climate change, 'girly thoughts'.
 - Gives you a way of engaging it – it becomes something out there, not just something in here, a great challenge to terminal uniqueness.
 - Provides a short hand way to share your experience with others
 - Helps you normalize your experience
 - Can even help you have fun with it

HOW 'GIRLY THOUGHTS' CREATE TRAUMA

- **Would you find it traumatizing if you:**
 - Called yourself **fat** every time you looked in the mirror?
 - Called yourself a **little old lady** when you walked into a meeting?
 - Felt you were too big-boned to be attractive?
 - Felt you couldn't speak up in a public forum because your roots needed to be done?

-
- Felt ashamed because you didn't offer Botox at your sweet 16?
 - Felt anxious due to having a pimple or a wrinkle?
 - Felt you couldn't leave the house with your hair looking like this?
 - Feared you were too brainy to get a date for the prom?
 - Felt you were too fat to have sex?

MANY LAYERS OF TRAUMA AFFECT WOMEN EVERY DAY:

- Acute Stress Disorder
- Post Traumatic Stress Disorder
- Complex Trauma
- Secondary Trauma
- Historical or Intergenerational Trauma
-And what may be a new term for you **'girly thoughts'**
- *With each layer of trauma intensifying the previous layers*

TRAUMA TRIGGERS

- Trauma triggers are events or experiences that remind us of our earlier trauma, igniting the feelings that we had when we first experienced the trauma.
- Triggers can be anything a word, a look, a smell that unleashes floods of emotion. They can be internal such as a pain or external such as a word.
- Trauma Triggers set off an alarm in the brain, the whole body responds.

'GIRLY THOUGHTS' ARE TAUGHT FROM MOTHER TO DAUGHTER

- Often being unaware that this is what they are doing
- And reinforced by other family members
- *What are some 'girly thoughts' you've seen that are inter-generational?*

TRAUMA REENACTMENTS

- Trauma reenactments are the recreation of painful scenarios and outcomes that we previously experienced.
- Reenactments are unconscious manifestations of our trauma that serve to reconfirm our earlier negative beliefs and often lead to a flood of emotions.

WHERE DO TRAUMA REENACTMENTS OCCUR?

- Anywhere:
 - ✓ Your family
 - ✓ Your office
 - ✓ Schools
 - ✓ In residential care:
 - ✓ Hospital
 - ✓ Treatment Center
 - ✓ Residential treatment center
 - ✓ Jails, prisons
 - ✓ With co-workers or supervisors
 - ✓ With friends
 - ✓ **In intimate relationships**
 - ✓ **In intimate encounters**

AND FOR MANY WOMEN....

- When looking in the mirror
- When trying on clothes
- When looking at a magazine
- Watching TV, even
- When seeing other women
 - Catty comments hurt both parties

WHO IS AT RISK FOR A TRAUMA REENACTMENT?

- Anyone who has experienced trauma:
 - Staff
 - Clients
 - Inmates
 - Those being fired
 - Children, Adolescents
 - Those finding out a spouse has cheated
 -**Women**

**TRAUMA MAKES WOMEN MORE VULNERABLE TO
THEIR 'GIRLY THOUGHTS' PARTICULARLY IN THE AREA
OF SEXUALITY**

Why?

Because 'girly thoughts' strike at the core of a woman's desirability, her self-worth, which is challenged everyday in the media.

HOW DO WOMEN HANDLE THIS?

- **They ‘turn off’ sexually**
- **They learn to self-sooth by:**
 - **DRINKING**
 - **DRUGGING**
 - **EATING**

WHY WE NEED TO BE CONCERNED...

- Drinking begins in middle school, around puberty... just when girls are really feeling societal pressure to be *desirable*
- An estimated 5.3 million women in the United States drink in a way that threatens their health, safety, and general well-being. A strong case can be made that heavy drinking is more risky for women than men... (NIAAA)

**WE NEED TO SPEAK
ABOUT '*GIRLY THOUGHTS*'
SO WE CAN COUNTER
THE IMPLICIT MESSAGES
IN ALCOHOL
ADVERTISING...**

WHAT HAVING FUN LOOKS LIKE ...



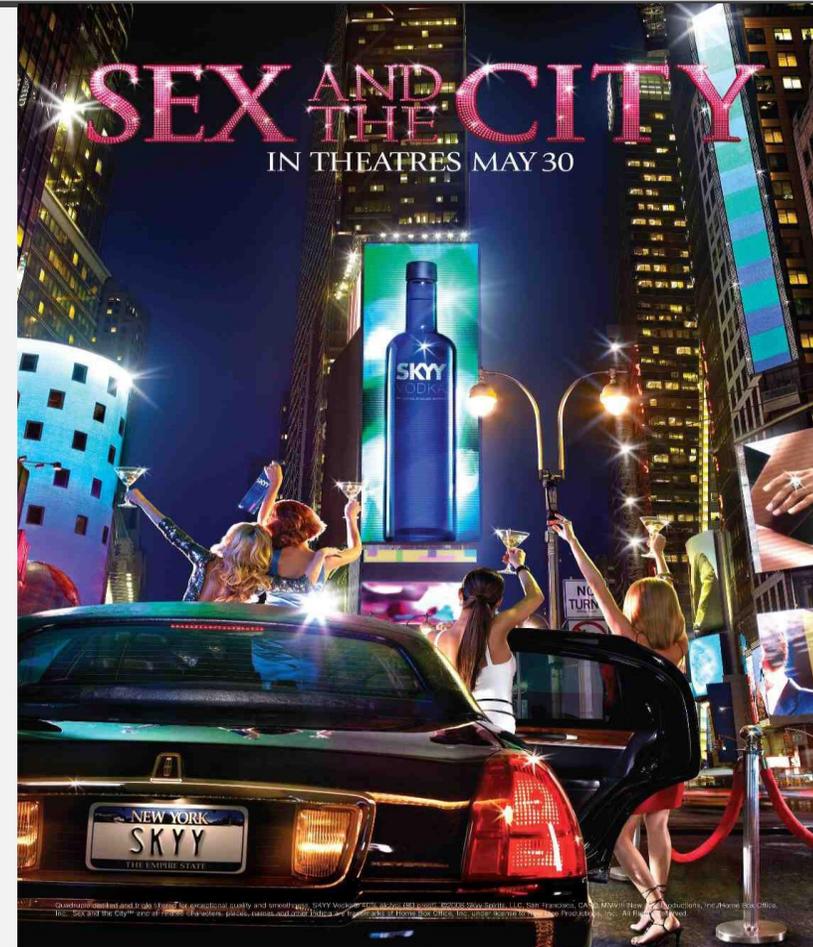
HOW DRINKING SHOULD MAKE YOU FEEL YOU LOOK AS YOU RELAX ...



HOW BEING *SEXUAL* IS BEING DEFINED = DRINKING



HOW CELEBRATING YOUR POWER IS BEING MARKETED.....



Dr. Patricia O’Gorman| author of The Resilient Woman | The ' Girly Thoughts' 10 Day Detox |
www.patriciaogorman.com | www.thepowerfulwoman.net | [@drogorman](https://twitter.com/drogorman)

WHAT ARE THE 'GIRLY THOUGHTS' IN THESE MESSAGES?

- Having fun = drinking, partying, being thin, not wearing many clothes
- Relaxing = big breasts, long hair, young, overly sexual
- Sexual = thin, vulnerable, malleable
- Celebrating your power = drinking, partying,

**HOW?
ALCOHOL ADVERTISING...IS**

- *Stimulus / Response*

ALCOHOL LET'S ME.....

- *Have fun*
 - *Be sexy*
 - *Be bad*
- *Get a guy*
 - *Hook up*
- *Be mature*
 - *Be young*
- *Relax*
 - *Forget*
- *Take care of MYSELF....*

THE PROBLEM

- *promoting drinking as **the** answer has unintended consequences.....*

WHAT WE ATTRIBUTE WOMEN'S ADDICTION RATES INCREASING TO:

- The stress managing the changing family roles
- Striving to get ahead in the workplace
- Addiction in the family
- Sexual Trauma
- Domestic Violence Trauma
- ..but what about the trauma associated with being a woman?

AND COMFORT FOOD???

- We need to model and help women understand that the results are not 'comforting'....

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only
\$3.99

SIMPLY STUNNING
IDEAS for EASTER

Woolworths 

AUSTRALIAN

good taste



Wow!
AMAZING
MALTESERS
CAKE
PAGE 3

Chocolate
HEAVEN

OUR BEST-EVER CHOCOLATE ISSUE



yum

PAGE 24
bacon &
maple syrup
pancakes



easy

PAGE 28
top tasty
autumn
dinner ideas



fun

PAGE 20
make our
fruity hot
cross buns

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FOOD

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Ever
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PERFECT FOR PARTIES AND SPECIAL OCCASIONS

PLUS, WHERE TO GET THE BEST CAKES
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100th ANNIVERSARY CELEBRATE EDITION

100th ANNIVERSARY CELEBRATE EDITION

FLIP OVER SPECIAL HEART HEALTH SECTION

Woman's Day

Simple
20
MINUTE
MEALS

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WITH ONE
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Walk off
HOLIDAY
POUNDS!



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counts"



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- **You shall know the truth... and the truth shall set you free..**
- **But first *it will piss you off..***

gloria steinham

-
- ***In an effort to be mature and independent...a woman tries to be more and more perfect because the only way she can alleviate her dependence on that judgemental voice is to be perfect enough to shut it up....!***

marion woodman

WHAT WE NEED TO ADD TO *UNDERSTAND* WHAT IS INCREASING THE STRESS ON WOMEN = '**GIRLY THOUGHTS**'

- The relentless digitized images of the desirable women in digital media, TV, ads, magazines, billboards, resulting in women internalizing this as the new norm into:
- their very own *negative inner dialogue*, what I've named as '**girly thoughts**' as they struggling to manage the new *impossible* images of what it means to be a desirable woman

IMPACT OF '*GIRLY THOUGHTS*'

- We keep chasing the *ideal*
- We compromise ourselves to *keep our man*
- We **blame** ourselves
- We feel *not good enough*
- Some of us *give up*
 - *Medicate through food, pills, alcohol*
 - *Get angry and forget about ourselves*
 - *Just work....*



- ***Courage is like a muscle. You strengthen it by use.***

ruth gordon

WOMEN IN THE WORKPLACE

- It takes courage to not listen to your *'girly thoughts'* ...

WE NEED TO EMBRACE OUR DIFFERENCES

- **When facing a problem...When facing a problem...**
 - **women**
 - Want to first understand more about the problem, why it happened, who was involved, what can be learned and then how to move forward.
 - *May see the male approach as “knee jerk” or rash.*
 - **men**
 - Want to get right into action trying to solve the problem.
 - *May interpret the more female approach as not showing the right level of urgency or too much talk, not enough action.*

WHEN SOMEONE *CRIES* AT WORK...

- **men**
 - Become very uncomfortable and choose to terminate the conversation.
 - *May perceive crying as a weakness and any “tolerance” of it as unprofessional.*
- **women**
 - Allow the person to cry it out, express sympathy or empathy, or even cry with the individual if it relates to a personal matter.
 - *May perceive the typically male reaction to avoid someone crying as intolerant and lacking empathy.*

***'GIRLY THOUGHTS'* ARE EVERYWHERE**





***Never let go of that fiery
sadness called desire.”—***

Patti Smith

**WHAT ARE SOME
'GIRLY THOUGHTS'
THAT INTERFERE
WITH FEELING SEXY?**

**‘GIRLY THOUGHTS’ TELL YOU WHAT YOU
ARE SUPPOSED TO DO BUT... AT A COST**

***No woman gets an
orgasm from shining the
kitchen floor ...***

betty friedan

'GIRLY THOUGHTS' INTERFERE WITH A WOMAN DEVELOPING AND ENJOYING HER SEXUALITY

- ***Girls often feel pressured to be sexual to be liked***
- **Sex can be frightening, contributing to women feeling they need to drink or drug to relax *to get in the mood***
- **Alcohol is the 'date rape drug' on college sexual assaults (Washington Post 6.15)**
- ***Look young and sexy.***
- **But not too sexy because then you are “asking for it”**

***'GIRLY THOUGHT'...
ENJOY SEX... BUT NOT TOO
MUCH!***

- **Sex still has a double standard = Enjoying sex feels like a risk for many women.**
- **A man can be a stud, a woman a nypho ...**
- **Female genital mutilation is still an acceptable practice, even in the US**

***'GIRLY THOUGHT':
TO KEEP YOUR MAN YOU NEED TO YOU
KEEP A CLEAN HOUSE, MADE GREAT MEALS,
EVEN AFTER WORKING ALL DAY***

- ***But..... Sex takes energy –***
 - ***You won't feel sexy, or interested in sex if you're exhausted***
- ***How if you are exhausted do you enjoy yourself?***

***'GIRLY THOUGHT':
TO KEEP YOUR PARTNER – HIS SEXUAL
HAPPINESS IS MORE IMPORTANT THAN YOURS***

- ***'Girly Thoughts' tell you not to initiate anything you find pleasurable***
 - **The male ego is very fragile**
- ***'Girly Thoughts' tell you you must keep your partner happy or else....***
 - **It's your fault he had that affair**

***'GIRLY THOUGHT':
IT'S MORE IMPORTANT TO LOOK
BEAUTIFUL WHEN KISSING, THAN TO
ENJOY BEING KISSED***

- **Feeling shame for how your body looks make it difficult to project feeling sexual**
 - **I hate my body because I don't look like a movie star**
- **Being focused on how you look can keep your focus **AWAY** from enjoying how you feel**
 - **I can't let him see me naked because my stomach is flabby**
 - **I've got cellulite #@***

NEW 'GIRLY THOUGHT' YOUR LABIA ARE UGLY !

- **400 girls 18 and younger had labiaplasty last year,**
- **an 80 percent increase from the 222 girls who had cosmetic genital surgery in 2014**
 - (American Society for Aesthetic Plastic Surgery, 2016.)

AND WHEN YOU *DON'T* ACT
ACCORDING TO YOUR '**GIRLY**
THOUGHTS'

What happens?

We need to prepare our girls and
women for this...

MORE – THAN - MEAN

- <https://www.youtube.com/watch?v=9tU-D-m2JY8>

WHAT TO DO...???

Include a Focus on 'Girly Thoughts' in:

- ***Primary Prevention,***
- ***Treatment and***
- ***in Relapse Prevention Programs***

BEING A SEXY SOCIAL NON-DRINKER
LAURA SILVERMAN, FOUNDER OF THE
SOBRIETY COLLECTIVE



ALL TO CREATE NEW NORMS ...

- **You need to make you -- a sexual priority:**
 - **To enjoy sex you need to confront the ‘girly thought’ that says: ‘good’ girls’ don’t!**
 - **If you want to feel sexual you need to enjoy sex, which means your partner also has to keep you happy and he, or she, may need help from you in what this means**
 - **Tell you partner that men who help around the house have more sex ... Because they have happier partners... a win / win !**

USING '*GIRLY THOUGHTS*' IN YOUR PROGRAM

- Educating women to be non-consumers of '*girly thoughts*':
 - Have clients identify '*girly thoughts*' promoted by alcohol and other advertising
 - Have clients identify the '*girly thoughts*' of characters in a favorite TV show
 - Have clients identify the '*girly thoughts*' of the casting of news anchors, and product spokespersons
 - Have clients identify the '*girly thoughts*' of characters in a favorite book or even a comic
- In group work:
 - Run groups where clients identify their '*girly thoughts*' and those they hear from other women

WHAT YOU CAN DO? – LOTS..!@#^***

Normalize the process of change:

- **If everything is under control
you're not going fast
enough...**

mario andretti

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**ASK, EXPLORE, PROBE HOW IT
FEELS TO ALWAYS SEE
YOURSELF AND FEEL SEEN BY
THE 'WORLD' AS NOT ENOUGH
= 'GIRLY THOUGHTS'.**

IN GROUPS....

Explore what specific '*girly thoughts*' are telling them to do to be sexy:

- Play pool in a bar when they hate pool
- Loose weight
- Wear clothes that are not becoming on them
- Practice kissing
- Get a boob job
- Change how they walk
- Cut their beloved long hair short
 - Always keep themselves second... or third... Or last.....

IN INDIVIDUAL WORK:

- Have women identify the '*girly thoughts*' that are triggers for their use, and relapse
- Using '***girly thoughts***' to strengthen the culture in the treatment milieu
- Have clients call each other out on their '*girly thoughts*'
- Have staff self-identify their '*girly thoughts*'

**WHAT WE TEACH WHEN WE HELP WOMEN
CONFRONT THEIR 'GIRLY THOUGHTS' ...**

***... above all be the
heroine in your own life***

nora ephron

ARE YOU INTERESTED IN INCORPORATING THIS
STRENGTH-BASED APPROACH IN YOUR
MANAGEMENT? IN YOUR TREATMENT AND
PREVENTION PROGRAMS?

- Assist me in *documenting this approach as Evidence-Based* by participating in:
 - Training of your staff
 - Program Implementation
 - Program Evaluation

CURRICULUM BOOKS:

- Group Participant:
 - **The 'Girly Thoughts' 10 Day Detox Plan: The Resilient Woman's Guide to Saying NO to Negative Self-Talk and YES to Personal Power (O'Gorman, 2014)**
- Group Leader:
 - **The Resilient Woman: The 7 Steps to Personal Power (O'Gorman, 2013)**

THANK YOU...!

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